

## REACTIVE STRENGTH INDEX



A jump test used to assess an individual's reactive jump capacity. An effective test for quantifying an individual's ability to efficiently utilize the stretch shortening cycle or in other words transition from eccentric to concentric (absorb and generate force). Performance in the Reactive Strength Index assessment displays an individual's ability to rapidly transition from eccentric to concentric and produce absorb/force in very short time frames. These metrics profile an individual's neuromuscular efficiency as well as explosive capacity.

Scoring sub-optimally (Low-Below Average) in this assessment indicates rate of force development, power output, and reactivity deficiencies as well as a need for lower body strength, power and plyometric training.

### TRAINING PARAMETERS

#### Strength:

Perform 3-5 sets of 5-8 repetitions at loads from 70-95% of 1RM. The tempo (pace) of the repetitions should be moderate- fast. Allow for 60-120 seconds of rest between sets. Frequency: 2 - 4x per week, alternating movement patterns each session

**Exercise Recommendations:** Back Squat, Front Squat, Deadlift, Split Squat

#### Power:

Perform 4-8 sets of 2-4 repetitions at loads from 55-75% of 1RM. The tempo (pace) of the repetitions should be fast. Allow for 90-180 seconds of rest between sets. Frequency: 2 - 4x per week, alternating movement patterns each session

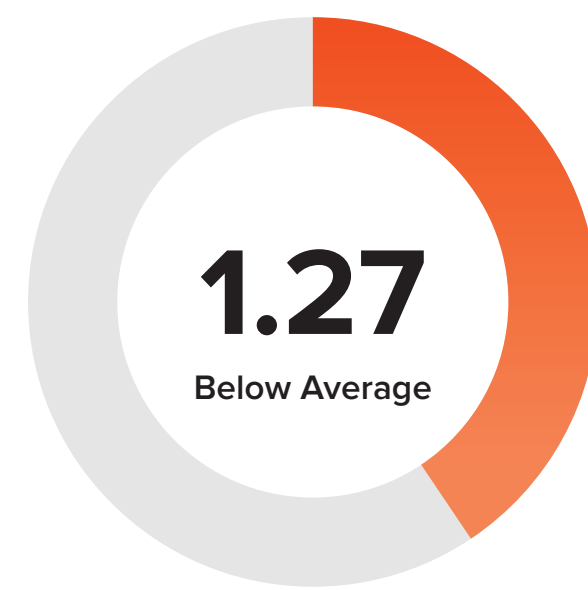
**Exercise Recommendations:** Power Clean, Hang Clean, Power Snatch, Speed Squat, Speed Deadlift, Squat Jump, Split Jerk, KB Swing

#### Plyometric:

3-5 sets of 3-10 repetitions at loads from bodyweight to very light. The tempo (pace) of the repetitions should be as fast as possible. Allow for 60-180 seconds rest between sets. Frequency: 2 - 4x per week, alternating movement patterns each session

**Exercise Recommendations:** Depth Jump, Pogo Jump, Box Jump, Tuck Jump, Drop Jump, Hops, Counter Movement Jump, Lateral Jump, Bound, Broad Jump

**RSI**  
(Jump Height/GCT)



### RECOMMENDATIONS

**Excellent** = Limited Possibility for RSI Improvements

**Above Average** = Maintain Power & Plyometric Training

**Average** = High Intensity Power & Plyometric Training

**Below Average** = Strength Training & Moderate Intensity Plyometric Training

**Low** = Strength Training & Low Level Plyometric Training

## DYNAMIC STRENGTH INDEX



An index that profiles an individual's maximal strength capacity vs. their explosive strength capacity. This test is a combination of two tests and helps to determine what percentage of an individual's maximal strength can be accessed during explosive or "short time frame" movements. Dynamic Strength Index displays what percentage of maximal force production an individual is able to access immediately. Performance in this assessment is highly correlated with neuromuscular efficiency and can dictate the specific training stimulus needed for an individual to most efficiently improve performance.

Scoring sub-optimally (Low-Moderate) in this assessment indicates neuromuscular inefficiency and unrealized force and power production capabilities. Periodized strength and/or power training methods should be utilized.

### TRAINING PARAMETERS

#### Strength:

Perform 3-5 sets of 5-8 repetitions at loads from 70-95% of 1RM. The tempo (pace) of the repetitions should be moderate- fast. Allow for 60-120 seconds of rest between sets. Frequency: 2 - 4x per week, alternating movement patterns each session

**Exercise Recommendations:** Back Squat, Front Squat, Deadlift, Split Squat, Pull Up, Chin Up, Bent Over Row, Overhead Press, Bench Press, Incline Press, Bodyweight Dip

#### Power:

Perform 4-8 sets of 2-4 repetitions at loads from 55-75% of 1RM. The tempo (pace) of the repetitions should be fast. Allow for 90-180 seconds of rest between sets. Frequency: 2 - 4x per week, alternating movement patterns each session

**Exercise Recommendations:** Power Clean, Hang Clean, Power Snatch, Speed Squat, Speed Deadlift, Squat Jump, Split Jerk, KB Swing

**DSI**  
(PF-Ballistic/PF-Isometric)



### RECOMMENDATIONS

**High** = Strength Training

**Moderate** = Strength Training & Power Training

**Low** = Power & Plyometric Training

## COUNTERMOVEMENT JUMP



A simple, yet reliable jump test used to measure lower body power output. Performance in a counter movement jump has been directly correlated with maximal speed, power and strength capacity. This assessment provides insight into an individual's training needs, provides feedback on nervous system readiness, and training program efficacy.

Scoring sub-optimally (Low-Below Average) in this assessment indicates lower body force production deficiencies and a need for lower body strength and power training.

### TRAINING PARAMETERS

#### Strength:

Perform 3-5 sets of 5-8 repetitions at loads from 70-95% of 1RM. The tempo (pace) of the repetitions should be moderate- fast. Allow for 60-120 seconds of rest between sets. Frequency: 2 - 4x per week, alternating movement patterns each session

**Exercise Recommendations:** Back Squat, Front Squat, Deadlift, Split Squat

#### Power:

Perform 4-8 sets of 2-4 repetitions at loads from 55-75% of 1RM. The tempo (pace) of the repetitions should be fast. Allow for 90-180 seconds of rest between sets. Frequency: 2 - 4x per week, alternating movement patterns each session

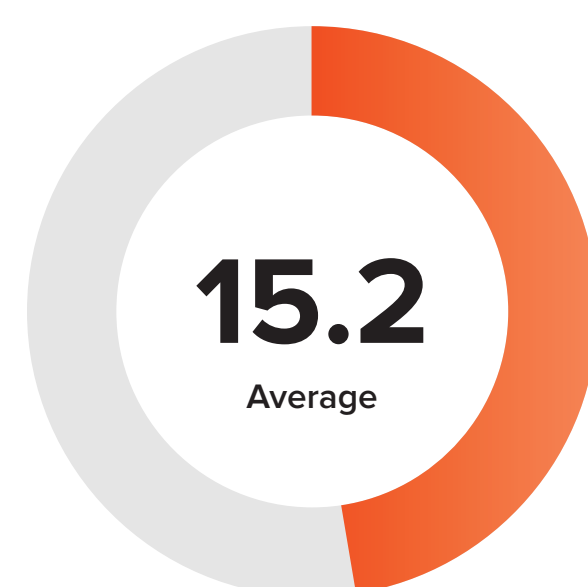
**Exercise Recommendations:** Power Clean, Hang Clean, Power Snatch, Speed Squat, Speed Deadlift, Squat Jump, Split Jerk, KB Swing

#### Plyometric:

3-5 sets of 3-10 repetitions at loads from bodyweight to very light. The tempo (pace) of the repetitions should be as fast as possible. Allow for 60-180 seconds rest between sets. Frequency: 2 - 4x per week, alternating movement patterns each session

**Exercise Recommendations:** Depth Jump, Pogo Jump, Box Jump, Tuck Jump, Drop Jump, Hops, Counter Movement Jump, Lateral Jump, Bound, Broad Jump

**CMJ**  
(Jump Height Imp-Mom in Inches)



### RECOMMENDATIONS

**Excellent** = Optimize Concentric Rate of Force Development, Eccentric RFD, Mechanics

**Above Average** = Increase Plyometric Training & Power Training Intensity

**Average** = Increase Plyometric Training & Power Training Frequency

**Below Average** = Strength Training & Plyometric Training

**Poor** = Strength Training

## ISOMETRIC MID THIGH PULL



A safe and effective assessment of maximal strength capacity, rate of force production, and relative strength levels. The Isometric Mid Thigh Pull (IMTP) assessment is a safer and more efficient strength testing method than 1RM testing. The data gathered from an IMTP assessment is reliable and very valuable for determining the training needs for an individual and tracking training program efficacy.

Scoring sub-optimally (Poor-Average) in this assessment indicates insufficient force production capability and low total body relative strength levels. Suboptimal IMTP scores imply a need for total body strength training and/or weight management.

### TRAINING PARAMETERS

#### Strength Training:

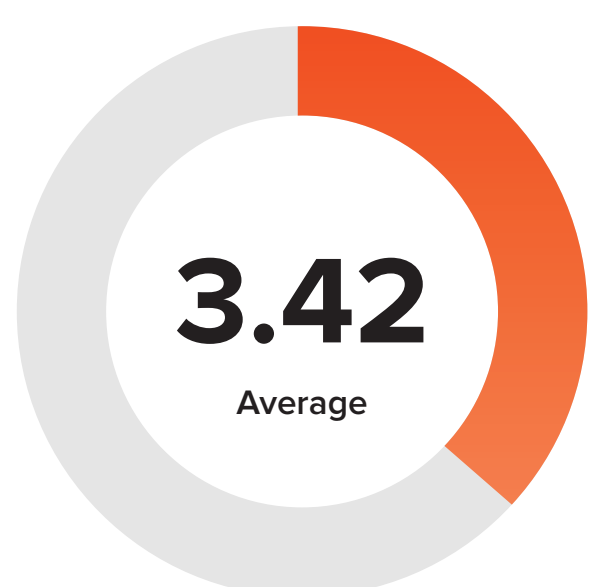
Perform 3-5 sets of 5-8 repetitions at loads from 70-95% of 1RM. The tempo (pace) of the repetitions should be moderate- fast. Allow for 60-120 seconds of rest between sets. Frequency: 2 - 4x per week, alternating movement patterns each session

**Exercise Recommendations:** Back Squat, Front Squat, Deadlift, Split Squat, Pull Up, Chin Up, Bent Over Row, Overhead Press, Bench Press, Incline Press, Bodyweight Dip

#### Weight Management:

Utilizing total energy expenditure and resting metabolic rate calculations, attempt to decrease total body weight by 1-2 pounds per week until target weight is achieved. Supplementing strength training with fat oxidation heart rate zone training can aid in efficient weight loss efforts.

**IMTP**  
(Relative Peak Force • N/kg)



### RECOMMENDATIONS

**Excellent** = Optimize Rate of Force Development

**Very Good** = Strength Training Maintenance & Weight Management As Needed

**Average** = Increase Strength Training Intensity & Weight Management

**Below Average** = Increase Strength Training Volume, Weight Management

**Poor** = Increase Strength Training Frequency, Weight Management

## SEATED MEDBALL CHEST THROW



A reliable assessment of upper body power. Performance in the Seated Med Ball Chest Throw has been directly correlated with upper body explosiveness and power production.

Scoring sub-optimally (Below Average) in this assessment indicates the need for upper body power and/or strength training.

### TRAINING PARAMETERS

#### Strength:

Perform 3-5 sets of 5-8 repetitions at loads from 70-95% of 1RM. The tempo (pace) of the repetitions should be moderate- fast. Allow for 60-120 seconds of rest between sets. Frequency: 2 - 4x per week, alternating movement patterns each session

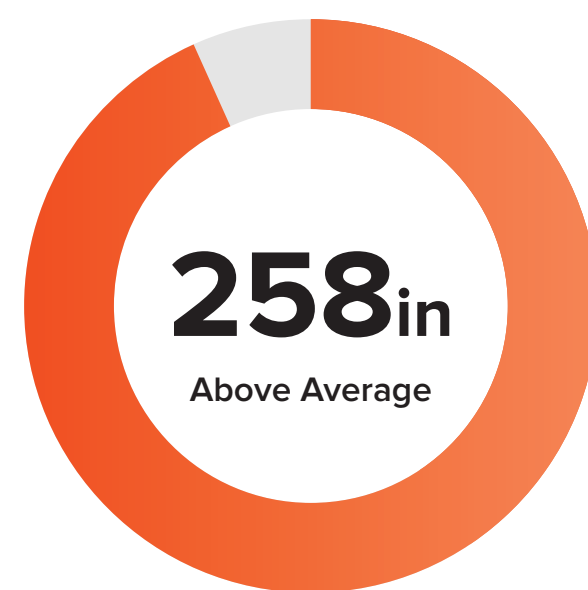
**Exercise Recommendations:** Bench Press, Incline Press, Push Press, Bent Over Row, Pull Up, Body Weight Dip, Inverted Row

#### Power:

Perform 4-8 sets of 2-4 repetitions at loads from 55-75% of 1RM. The tempo (pace) of the repetitions should be fast. Allow for 90-180 seconds of rest between sets. Frequency: 2 - 4x per week, alternating movement patterns each session

**Exercise Recommendations:** Speed Bench Press, Explosive Row, Med Ball Power Complexes, Plyometric Push Up,

**MBCT**  
(Distance in Inches)



### RECOMMENDATIONS

**Above Average** = Optimize Rate of Force Development & Speed Strength

**Average** = Increase Strength Training Intensity & Power Training

**Below Average** = Increase Strength Training Frequency

## MAXIMUM STRICT PULL UP



An efficient and reliable assessment of upper body strength and strength endurance. The scoring in this assessment isn't solely based upon the number of pull ups performed but also accounts for an individual's body mass (lb/kg). Factoring in the weight of an individual relative to repetitions performed provides insight into an individual's relative strength. Most assessments utilize measures of absolute strength, although helpful at times, absolute strength measures fail to account for an individual's strength levels relative to their body mass. Assessing relative strength is a much more useful and reliable way to address the specific strength and conditioning needs of an individual as it represents the amount of strength an individual has or work they can perform per lb/kg of bodyweight.

Scoring sub-optimally in this assessment indicates low levels of relative strength and the need for upper body strength training and/or loss of body weight.

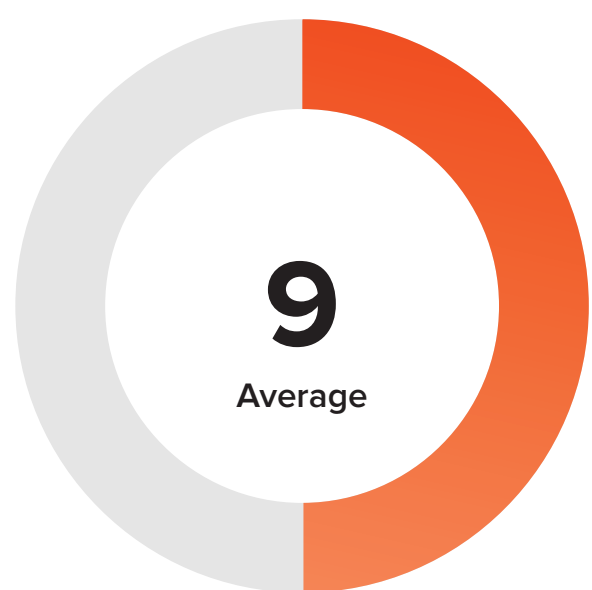
### TRAINING PARAMETERS

#### Strength Training:

Perform 3-5 sets of 5-8 repetitions at loads from 70-95% of 1RM. The tempo (pace) of the repetitions should be moderate- fast. Allow for 60-120 seconds of rest between sets. Frequency: 2 - 4x per week, alternating movement patterns each session

**Exercise Recommendations:** Pull Up, Chin Up, Push Up, Bench Press, Incline Press, Bent Over Row, Inverted Row, Overhead Press, Bodyweight Dip

**MSPU**  
Max Strict Pull-Up



### RECOMMENDATIONS

**Excellent** = Optimize Upper Body Power Production

**Above Average** = Maintain Strength Training Intensity

**Average** = Increase Strength Training Intensity

**Below Average** = Increase Strength Training Frequency & Volume

**Poor** = Increased Strength Training Frequency

